



We know that taking care of someone can be hard – even someone you love. Because finding support is so important, we'll help you find a way to attend the workshop:

I can't leave my loved one alone. We understand, and will work with you to explore respite care options.

I don't have time to attend a class. It can be hard to make time for the workshop, but the skills you learn and information you receive can save you time and frustration in the long run. Participants tell us that the time spent learning from and talking with others with similar experiences is invaluable.

I don't have a ride. We can arrange a ride for you. Call: 608-723-6113.

Questions? Contact us. We'll try to solve other challenges so that you can join us.

Powerful Tools
FOR Caregivers

wiha

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**To register for an
upcoming class or for
more information
contact Ruth at the
Family Caregiver
Support Program by
calling 608-723-6113 or
1-800-514-0066**

Powerful Tools
FOR Caregivers



A six-week program that helps unpaid caregivers better care for their loved one – and themselves





What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter.

The need to provide care can be the result of a chronic illness, an accident or the gradual decline of one's ability to meet their needs.

This program will help you cope with the challenges that come with your role as caregiver.



The workshop will give you tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with your care receiver, family members, doctors, and paid helpers

Cost: There is no cost for this series.

When you register, you will be contacted by the class facilitator. Class participants will receive a copy of "The Caregiver Helpbook," which provides important information on how to:

- Recognize a change in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders
- Access community resources



Is Powerful Tools for you?

Are you an unpaid caregiver for a family member, friend, neighbor, etc?

You are, if you:

- Take someone to doctor visits and interpret medical instructions
- Help someone with medication
- Grocery-shop for or with someone
- Check on dietary needs
- Manage cleaning, laundry and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a care facility

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